



Ten Resolutions for the New Year

Save Your Money, Improve Your Health, Enhance Your Happiness



Sign up for Do Not Call lists.

To cut down on unwanted telephone sales calls, register your land line and cell phone with the federal and state Do Not Call

lists. Both services are free. These lists do not stop calls from political organizations, charities, debt collectors, telephone survey-takers (nor from outlaw sales outfits and scammers -- just hang up!).

Federal Do Not Call list: www.donotcall.gov or call 1-888-382-1222 from the phone you want to register (TTY: 1-866-290-4236).

State of Florida Do Not Call list: www.fldnc.com or call 1-800-435-7352.



Develop a budget for the New Year.

Gather all your bills and income statements for the last year. (By doing this at the start of the year, you'll be ahead of the game when it comes time to do your income taxes.) Make a list of your expenses and your income. You may be surprised to learn where your money goes, and you may find some simple ways to re-route your money.

You can download a useful budget worksheet at www.consumer.gov/content/make-budget-worksheet.



Drink enough water. Get a reusable water bottle.

Ruth Nickens, RN, Health & Wellness Program Coordinator at the Tallahassee Senior Center, suggests that you drink eight to ten 8-ounce glasses of liquid daily. "Let thirst be your guide," she

says. "Choose what you drink wisely. Sweetened and artificially sweetened carbonated drinks are pointless. It's better to drink juice, but water is the best." Adjust the amount according to your health, your activity level, and the weather.

Save money and the planet with a reusable water bottle. If you buy a drink in a glass bottle with a reclosable lid, you can re-use the bottle. Stainless steel bottles are sturdy and can keep water cold for many hours. You may want to avoid plastic bottles. Some are labeled BPA-free, but recent research suggests that substitutes for BPA may also be hazardous.



Save the landfill! Start a toxics-and-electronics box.

From metal polish to motor oil, our daily lives are full of products that don't belong in the landfill. Electronic devices such as TVs, printers, computer mice, and videocassettes can be kept out of the landfill, too. Cell phones can also be recycled, but make sure all your personal information has been safely removed before you recycle or donate them. (See page 7.)

Take your box to any of these places:

- Leon County Solid Waste Management Facility's Hazardous Waste Center, 7550 Apalachee Parkway
- Your nearest Rural Waste Service Center
- Hazardous Waste Collection Events: first Saturday of the months from September and May, Public Works Operations Center, 2280 Miccosukee Road

For more information, Richard Lobiske (606-1816 or LobinskeR@leoncountyfl.gov).go to

(continued on page 2)

Leon County Senior Gazette

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(continued from page 1)

cms.leoncountyfl.gov/Home/Departments/Public-Works/Solid-Waste/Hazardous-Waste-Center.



Start or update your End of Life documents.

What if you are suddenly unable to communicate the kind of medical treatment you want and don't want? Two documents can speak for you: a Living Will and a Health Care Surrogate Designation. The keys: advance planning and conversations with those closest to you.

The non-profit organization Aging with Dignity (www.agingwithdignity.org) offers a document called Five Wishes, which combines the living will and surrogate designation. The document is written without legal jargon, and it is available in 29 languages as well as Braille. According to the group's website, Five Wishes meets Florida's legal requirements, once properly filled out, signed, and witnessed.

Thanks to a grant, the Five Wishes document is available on request at no charge to residents of the eight counties served by Big Bend Hospice, including Leon, Gadsden, Wakulla, and Jefferson. To request your copy, contact Virginia Fielder at **671-6028** or virginiaf@bigbendhospice.org.

(continued on page 3)

Florida Orange Spiced Nuts

Yield: 2 cups

These make great gifts! For less heat, substitute ground cloves or ginger for the chili pepper.

- 1 tsp orange Juice
- 1 tsp grated orange zest
- 1 large egg white
- 1 Tbsp dark brown sugar
- 1 tsp kosher salt
- 1/2 tsp ground chili pepper
- 2 cups pecan halves

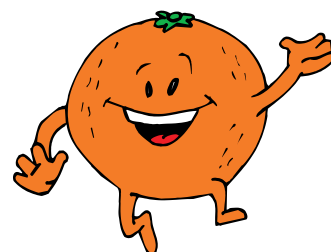
Preheat oven to 225 degrees.

Mix orange juice, orange zest, and egg white in medium bowl and stir with whisk. Combine sugar, salt, and pepper, and add to orange juice mixture. Add pecans and mix well.

Spread pecans onto a cooking pan lined with parchment paper. Bake for 1 hour, stirring occasionally. Remove from the oven and let cool.

Recipe provided by the Florida Department of Citrus

www.floridajuice.com



Ten Resolutions for the New Year

(continued from page 2)



Check your credit report.

Federal law requires the three biggest credit reporting companies -- Equifax, Experian, and TransUnion -- to give you a free copy of your credit report

upon request once every 12 months. You can get all three at once, or you can request one at a time.

Get your credit report by calling **1-877-322-8228**, or go to annualcreditreport.com. **CONSUMER ALERT:** Double-check to be sure that you are on the right website. A lot of look-alikes are out there, many of which may provide your credit report but sign you up for fees down the road. Beware of sites with "free report" in their names or misspellings of annualcreditreport.com. These sites may try to sell you something or steal your personal information.

If you find mistakes in your report, you must inform the credit reporting company in writing that you have found a potential error. The company is legally obliged to investigate.



Join a fitness class.

Feel great, make new friends, and have some fun! Fitness classes are offered at all Leon County Senior Outreach locations. See the calendar on page 4.

More classes are available at the Tallahassee Senior Center, Optimist Park, SouthWood, and Allegro Heritage Oaks. Most classes are \$2 per session for everyone 50 and up. Find the schedule at talgov.com/seniors/seniors-health.aspx or call the TSC Health Suite (891-4042 or 891-4045) for more information.



Clean out your refrigerator and fill with healthy food.

First, take everything out of the refrigerator, throw out expired and suspicious items, and store the rest in ice chests or a neighbor's refrigerator. Remove the shelves and drawers, and wash them in warm water and liquid dishwashing soap. Swab the inside of the fridge and the gaskets using your preferred non-abrasive cleaner. Try diluted dishwashing liquid, or baking soda and warm water (about 1/4 cup to 1 to 2 quarts of water), or equal parts white vinegar and warm water. To remove any stubborn gunk, sprinkle baking soda on a damp sponge and scrub. Rinse off the surfaces, stand back, and admire your work.



Add something new to your social life.

Take a class, try a new exercise technique, attend a Lunch & Learn near you, play games, or volunteer. See the calendar on pages 4 and 5 for opportunities. Take a look at the

Tallahassee Democrat's Active Living for more ideas. See it at talgov.com/seniors.



Give yourself a present!

Become a member of the Tallahassee Senior Foundation to support the classes and activities you love. Both Leon County Senior Outreach and the

Tallahassee Senior Center rely on Foundation funding. See page 7 for a donation form, or donate online at www.tallahasseeseniorfoundation.org/membership-form.

Catch our news electronically

→ On Facebook at www.facebook.com/TallahasseeSeniorCenter

→ At www.talgov.com/seniors

→ At www.leoncountyfl.gov (click on Departments in the left column; then scroll down and click on Senior Outreach, under "Other." The Outreach page has a link to the Senior Gazette in the right column)



Leon County Senior Outreach

December 2016 / January 2017

* Please note *

No classes will be held on Mon, Dec 26, Mon, Jan 2, or Mon, Jan 16

* No art classes until February *



Bradfordville ♦ Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Rd

Bradfordville Lunch and Learn: Wed, Dec 14, 10:30 am – 12:30 pm. Lunch \$6. **No L&L in Jan**

Bradfordville Classes ♦ NE Branch Library, 5513 Thomasville Rd

For Bradfordville fitness classes, due to limited class size, please call the instructor (510-2801) to check availability before attending your first class.

Senior Fitness I (Beginners): Tues & Fri, 9:30 – 10:15 am. \$2 per class

Senior Fitness II (Beginners): Tues & Fri, 10:30 – 11:15 am. \$2 per class

Senior Fitness III: Tues & Fri, 11:30 am – 12:30 pm. \$2 per class

Senior Fitness IV: Tues & Fri, 1 – 2 pm. \$2 per class

LifeLong Learning: Iceland: Land of Fire & Ice. Mon, 10 – 11:30 am, Jan 23 & 30, Feb 6 & 13. \$5 per class for seniors (50+); \$7 others. Registration required. Call 891-4033

Bradfordville Historic Schoolhouse ♦ 6808 Beech Ridge Trail

Social Bridge: Mon, 12 – 3:30 pm. \$1 per class

Chaires-Capitola ♦ Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Lunch and Learn: Field trip to Historic Capital, Tues, Dec 13, 10 am – 2 pm. Cost: \$6.

Registration required. Call 891-4065. **No L&L in Dec or Jan**

Seated Exercise: Tues & Thurs, 9:30 – 10:30 am. \$2 per class

Senior Fitness: Mon, Wed, & Fri, 8:30 – 9:30 am. \$2 per class

Fort Braden ♦ Fort Braden Community Center, 16387 Blountstown Hwy

Fort Braden Lunch and Learn: Tues, Dec 20, 10:30 am – 12:30 pm. Lunch \$6. **No L&L in Jan**

Senior Fitness: Mon & Wed, 10:30 – 11:30 am. \$2 per class

Lake Jackson ♦ Lake Jackson Community Center, 3840 North Monroe St

Lake Jackson Lunch and Learn: Thurs, Dec 15, 10:30 am – 12:30 pm. Lunch \$6. **No L&L in Jan**

Mindful Movement: Thurs, 1 – 2 pm. \$2 per class

Canasta, Cards & Games: Tues, 1 – 4 pm. \$1 per class

Miccosukee ♦ Miccosukee Community Center, 13887 Moccasin Gap Rd

Miccosukee Lunch and Learn: Thurs, Dec 1, 10:30 am – 12:30 pm. Lunch \$6. **No L&L in Jan**

Bus Trip to WalMart: Fri, Dec 2 & Jan 6, 10 am – 12:30 pm. \$2 round-trip

Senior Fitness: Tues & Thurs, 11:15 am – noon. \$2 per class

Computer Class: Fri, Jan 13 & 27, 10 am – 12 pm. No classes in Dec. \$1 per class

Woodville ♦ Woodville Community Center, 8000 Old Woodville Rd

Woodville Lunch and Learn: Thurs, Dec 8, 10:30 am – 12:30 pm. \$6 per person. **No L&L in Jan**

Senior Fitness: Mon & Wed, 8:30 – 9:30 am. \$2 per class

Don't forget to bring a canned good to Lunch & Learn.

Donations benefit the food pantry at Elder Care Services. Thank you for your generosity!



Calendar

Call 891-4065 or 891-4049 for more information

Grandparents as Parents (GaP)

GaP Support Lunch

No support lunch meeting in December.
Wed, Jan 25, 2017, 12 – 1:30 pm
Leon County Public Library,
200 W. Park Avenue, Program Room A
Complimentary lunch provided for grandparents
and other relative caregivers. Reservations
required for all attending. Call Karen Boebinger at
891-4027 or email karen.boebinger@talgov.com.



NEW! GaP Support Group

Fri, Jan 13, 2017, 11 am - 12 pm
Jake Gaither Community Center,
801 Bragg Dr.
Join other grandparents raising
their grandchildren to discuss
your unique situation. No reservations
necessary.



Have Lunch on Us!

Bring someone who has never attended before to an upcoming Lunch and Learn,
and both of you will enjoy a complimentary meal.
See a staff member when you arrive so we can welcome your guest.

TALLAHASSEE SENIOR CENTER

1400 North Monroe Street * Kristy.Carter@talgov.com

* 891-4008 or 891-4000 *

CAPITAL CITY BAND OF TCC HOLIDAY CONCERT

Mon, Dec 5, 7-8:30 pm. \$5
All proceeds benefit TSC.

9th ANNUAL CAPITAL CHORDSMEN HOLIDAY CONCERTS

Thurs, Dec 8 & Tues,
Dec 13, 7 - 8:15 pm
\$12.50 Adult / \$10 Senior
(65+) / \$5 Student
To purchase tickets, call
224-7729.

HONEYWELL HOLIDAY LUNCHEON

Wed, Dec 7, 12:15 pm
All are invited.

THOMASVILLE ROAD BAPTIST CHURCH CHORAL PERFORMANCE

(TSC Auditorium)
Mon, Dec 12, 12 - 1 pm
Bring your lunch, if you
wish.



Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Lunch and Learn events as exhibitors. However, it is our policy not to endorse, recommend, or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.

Leon
County
Senior
Outreach

Come Join
the Fun!



Can We Count On Your Support?

Please join the Tallahassee Senior Foundation today! Your contribution pays for programs and enhances services.

Thanks for being a "key" to active, healthy aging in our community!

___ \$25 Senior (age 50 and over)	___ \$120 Friends Key Holder	___ \$1,020 Gold Key Holder
___ \$35 Friend (under age 50)	___ \$240 Bronze Key Holder	___ \$2,520 Platinum Key Holder
___ \$40 Senior Couple	___ \$540 Silver Key Holder	___ \$5,040 Diamond Key Holder
___ \$50 Non-Profit Organization		

_____ *Please dedicate my contribution directly to the Leon County Senior Outreach Program.*

Name _____ Phone _____

Address _____

Make your check out to *Tallahassee Senior Foundation* and send it to:

Leon County Senior Outreach, 1400 N. Monroe Street, Tallahassee, FL 32303

A copy of the official registration and financial information may be obtained from the Division of Consumer Services by calling toll-free (800-435-7352) within the state or visiting www.800helpfla.com. Registration does not imply endorsement, approval, or recommendation by the State. Registration #ch8035

Ask the Resource Coordinator



Q: I bought a new cell phone. What can I do with the old one?

A: Reuse, recycle, or donate it! Even if you are not paying for service on your old cell phone, you can still use it to call 911. Consider keeping the phone connected to its charger and placed within easy reach if you need it -- perhaps on a low shelf in the kitchen or bathroom.

Before recycling or donating your phone, remove all your information and apps from it. It's not easy to do. Just hitting "factory reset" won't erase all your data. After you've backed up or transferred your data to your new phone, try these options:

1. Contact the store where you bought your phone and ask for help, or look for instructions on the phone manufacturer's website.
2. Use a data eraser app. Lists of these apps are available at www.ctia.org/consumer-tips/how-to-deter-smartphone-thefts-and-protect-your-data#anti-theft_apps.
3. Follow the steps in these online videos: for iPhones, www.cnet.com/how-to/how-to-wipe-your-phone-or-tablet-before-selling. For Android phones, www.cnet.com/how-to/the-best-way-to-completely-wipe-your-android-device.

The final step is to remove the SIM card and extra memory cards you may have added to the phone.

To recycle your phone, see Resolution No. 4 on page 1.

Here are two local programs that can put your old phone to good use:

- Refuge House serves victims of domestic violence. Call **922-6062** or go to refugehouse.com.
- The Leon County Sheriff's Office has a Cell Phones for Seniors program. Put your phone and charger in a bag and take them to 2825 Municipal Way; or you can give them to a deputy, but be sure to explain that you are donating to the Seniors program. "We send phones to a company that cleans the memory and returns them to us," says Jessica Ikner, Deputy for Crime Prevention. She adds that it's best to clean your phone first, if possible. To find out more, call **606-3334** or visit www.leoncountysos.com/divisions/crime-prevention/cell-phones-for-seniors.

Direct your questions to the Senior Resource Coordinator by calling 891-4043.

Leon County Senior Outreach Program
Tallahassee Senior Foundation
1400 North Monroe Street
Tallahassee, Florida 32303

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Permit No. 01111

Return Service Requested

Welcome to the bimonthly *Leon County Senior Gazette*! Look for this informative newsletter every other month.

Don't forget to check the calendar page inside to get updated information on all Leon County Senior Outreach activities.

For more information, call **891-4065** or **891-4033** or email susan.davis@talgov.com.

SPECIAL STAFF

Nancy Gentry



In July, Leon County Senior Outreach was lucky to hire Nancy Gentry as Program Assistant. Nancy's face is familiar at the Tallahassee Senior Center. She's helped with many special events, and she's volunteered at the reception desk and in the Health Suite. "After my second grandbaby was born, I could bring her and hide her under the desk, but once she wanted out of her carrier, I couldn't do that anymore," Nancy says. Now her granddaughter is in pre-school, so Nancy accepted the half-time job.

Nancy first moved to Tallahassee when she was 10, and she left after high school to study nursing in New Orleans. Then she joined the Air Force. Her specialty was nephrology (kidney function and disease). After earning her master's degree in public health, she conducted outreach programs for the Air Force on topics such as fitness and how to quit smoking.

Why nursing? "I realized at an early age that I really enjoyed helping others. I was involved in community service projects in high school, and I found that I not only liked it, but was pretty good at organizing events and projects."

Shortly after Nancy retired, Hurricane Katrina dumped eight feet of water in her Biloxi home. "Everything in my life is either before Katrina or after Katrina."

"I lived in Biloxi for 23 years, but my family was here in Tallahassee," she says. When her mother's health began to decline in 2011, Nancy moved back. She's been taking care of her daughter's daughters, Leah and Hannah (now 2 and 6), since they were born. Her son, who lives in Virginia, has a baby girl and a nearly grown stepson.

What are her guiding lights? "The USAF core values are my words to live by – 'Integrity First,' 'Service Before Self,' and 'Excellence In All That You Do.' I've always strived to set a positive example for others to follow," Nancy says. "It's my belief God created all of us for a reason. It's important to listen to what others are saying and then work towards living in peace with each other."